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BOD candidates take
a stand on the issues

Learn new ways
to cook college cuisine

Central softball defeats PLU
for first time in team's history

The Observer



Thursday, April 21, 1994

Central Washington University

Vol. 12 No.19

Candidates wrap up campaigning with debates

by Staci A. West
News editor

Campaigning will come to an end April 28 after a week of scheduled debates when students cast their votes in the first Board of Directors election under the revised constitution.

John Brangwin, BOD representative for Academic Affairs and a non-voting member of the election commission, said this year's candi-

dates come from a broad range of background in terms of experience.

"I'm really urging candidates to be positive," he said. "Campaigning should be positive, not necessarily dwelling on the negatives of the other candidate."

John Drinkwater, director of Student Activities, said posters with photos and campaign statements from individual candidates will be displayed throughout campus next week.

This election information will be at the booths on election day.

Students can listen to the candidates speak about their position on issues at the Student Senate meeting at 4 p.m. today in the SUB Room 204-205.

The Ellensburg League of Women Voters will run the voting booths April 28, and an election commission, which consists of five students, will count the ballots.

The candidates will debate at noon

Tuesday in the SUB Pit.

In February the Board of Trustees approved a change in the BOD constitution, replacing the two vice presidential and four representative positions with six vice presidential positions.

The new vice presidential positions cover these areas: academic affairs, political affairs, equity and community service, student life and facilities, organizations, and executive vice president.

Where to vote:

Samuelson Union Building,
8 a.m.-5 p.m.
Library, 11 a.m.-7 p.m.
Holmes West Dining Hall,
11:15 a.m.-12:30 p.m.
5:45-6:30 p.m.
Holmes East Dining Hall,
11:15 a.m.-2:15 p.m.
4:30-6:45 p.m.
Tunstall Commons
11 a.m.-1:30 p.m.; 4:30-7 p.m.

Law improves S&A process

by Staci A. West
News editor

University boards of trustees must now work with student committees before shifting service and activity funds.

House bill 6481, which Gov. Mike Lowry signed into law March 21, implements checks and balances in the use of S&A fees, which are taken from students' tuition and fees each quarter.

Trustees will not be able to shift S&A funds now without first working with the students' Service & Activity Fees committee.

In the past the committee of four students and three faculty submitted proposed funding allocations for departments and programs, such as athletics and Student Activities, to the Board of Trustees.

See S&A/page 3



Students soaked up the springtime sun and took a break from studying to socialize last weekend at People's Pond.

Eating disorders cross gender, social lines

• Eating disorder awareness month seeks to explain issues underlying suffering

by Diane M. Schulman
Editor-in-chief

Increasing numbers of people are affected by eating disorders, said Sally Thelen, counselor at Central's Health and Counseling Center.

April is Eating Disorder Month. "It used to be middle-upper class women were affected by eating disorders," Thelen said. "Now all kinds of women are affected, and the percentage of men who are affected is increasing, too."

She defines an eating disorder as any situation where food becomes an issue to a person or a person uses food abnormally.

Anorexia nervosa, bulimia, compulsive overeating and binge eating are all eating disorders.

People affected by them use food as a coping mechanism. A person may focus on food as the one aspect of their life they can control, use it to deal with other stresses or simply become obsessed with food to the point where other daily activities are impossible for them.

Thelen said advertising, fitness and entertainment industries are to blame for society's obsession with appearance.

Pam Mahre, Dining Services dietitian, agrees.

"Women especially feel so much pressure to achieve the ideal body," she said. "But they are holding themselves up to unrealistic standards."

"Women in the modelling industry spend hours to achieve their look, to the point where what we see is only an illusion," she said.

"Women in our society are trying to achieve a look only about 5 percent of them are capable of. For the others it's a constant struggle."

Although statistics differ, 90 percent of women are concerned about their weight and the remaining 10 percent are concerned with body image, Thelen said. One article said 4 percent of women between puberty and 30 years of age are anorexic or bulimic.

Of all the people affected by eating disorders, 90 percent are

College-aged women and eating disorders

- 82 percent wanted to lose weight
- 13.5 percent vomited to control their weight
- 8.3 percent used laxatives to control their weight
- 14.6 percent used diuretics to control their weight
- 29 percent believed most foods are fattening
- 55 percent often felt fat
- 40 percent consumed less than 800 - 1200 calories a day

—From Judith H. Swarth, University of Oregon

women, Mahre said.

The psychological issue of control is at the heart of eating disorders.

"The number of things people feel they can control is decreasing," Thelen said.

She cited the relatively new tendency to delay marriage as an example of decreasing control.

"It used to be women were married by age 15 and pretty much knew what their lives were going to be like," she said. "Now they may not know that until they're 25 or 30."

She also sighted the increase in the number of women in the work force as a factor in increasing numbers of eating disorder victims.

"I don't think many men have

really dealt with that issue," she said.

The inability to control some aspects of life can lead people to obsess over the things they can control. In the case of eating disorders, those things are food.

But Thelen said family has the greatest impact on a person with an eating disorder.

"If a person comes from a family that emphasizes appearance and thinness instead of accepting the person for who they are, they are likely to develop an eating disorder," Thelen said.

Mahre said causes of eating disorders vary as much as individual cases differ.

See DISORDER/page 3

Marcy announces resignation

Mary B. Marcy, director of Governmental Relations, submitted her resignation last week to take a position with Western Washington University.

Marcy has represented Central, the interests of higher education and students in Olympia, for nearly one and a half years.

Central now has a strong voice in Olympia and legislators better understand the direction the university is moving in, she said.

In her letter to President Ivory V. Nelson, Marcy wrote, "Together, I believe we have created a very effective government relations effort that serves Central well."

Last October, Marcy, along with Linda Ruffer, director of the Women's Resource Center, and state Sen. Nita Rhinehart, D-Seattle, organized a statewide conference, "Women in Politics: The Washington Paradigm," which focused on the role and status of women in state and local government.

They will present information about recruiting and retaining women in government June 3 and 4 at a conference, "Innovations in State and Local Government," in Washington, D.C.

Marcy's resignation goes into effect May 20, when she will take the position of executive assistant to Western President Karen Morse.

As executive assistant, Marcy will serve as adviser to the president in addition to researching major policy issues and acting as a liaison to campus committees, she said.

"It's going to challenge different skills," Marcy said. "It's a good opportunity."

Before coming to Central, Marcy attended Oxford University on a Rotary scholarship and worked for U.S. Rep. Patricia Schroeder, D-Texas.



Mary B. Marcy

An Inside Profile on BOD candidates

Second in a 3-part series

Legislation, student concerns main focus of candidates

• Christie to raise slot to higher level

Shawn Christie said he wants to take the office of the vice president for Political Affairs a step higher and get more things accomplished in Olympia.

Christie, who has served as representative for Organizational Affairs for two years, said he decided to run for a new BOD position because he has exhausted his ideas in his current position.

"I want to be the voice of the students in Olympia," he said. "I really want to build off what they (the past two political affairs representatives) have built up."

The vice president for Political Affairs represents Central's students on the Washington Student Lobby, which lobbies in Olympia on higher education issues.

Additionally, the vice president runs the BOD Office of Legislative Affairs, which informs the student body of issues affecting them in Olympia and gets them involved in the legislative process. Central's student legislative liaison is also supervised by the vice president for Political Affairs.

Christie said he has three main areas he would focus on if elected to this position.

- They are:
- Increase the Office of Legislative Affairs' activity on campus.
- Represent students' concerns with regard to legislation.
- Revise the Service and Activity Fees committee's rules.

He said he would publish weekly The Olympia Connection, a flier that in the past has summarized higher education legislation and been printed a few times during the legislative session.

With weekly publication, students could be more informed and take a more proactive stance on bills, Christie said.

The flier would tell students what higher education bills were being proposed, where in the legislative process the bill was, and



Shawn Christie

Vital Statistics

Name: Shawn Christie

Age: 21

Year in school: senior

Major: political science

Hometown: Kent, Wash.

which legislators students could call to get more information or give their opinion about the bill, Christie said.

In terms of legislation, several bills affecting higher education will be submitted to the legislature next year, he said. This means students need to be more vocal about their opinions, Christie said.

The S&A rules should be revised to disallow the allocation of funds for programming, he said, and retain more for emergencies, such as roof repairs for the Samuelson Union Building.

Christie served on the S&A committee as chair his freshman year, then was elected two consecutive years as representative of Organizational Affairs.

"That sets me up as knowing what's going on," he said.

"There are a lot of things you need to know before you can be effective."

• Transfer student aware of students' concerns

He may be a new face on campus this year, but Nick Lane said he's serious about wanting to represent students in Olympia as next year's vice president for Political Affairs.

Lane, a transfer student from Walla Walla Community College, said since his arrival at Central in September, he has learned about students' concerns.

"I'm new to this campus, but well aware of the issues facing students," he said.

Those issues include higher education budget cuts and departmental budgets being unevenly cut, Lane said.

"I can communicate with them (students), and let them know what's going on," he said.

If elected to the political affairs position, Lane said he would funnel his efforts into three areas.

- They are:
- Increase student involvement with more voter registration drives.
- Invite more state officials to Central for debates.
- Increase students' awareness of political issues.

With mid-term elections approaching in November, more students should register to vote, Lane said. His top agenda item is to sponsor more voter registration drives in the fall.

"People get what they pay for in their government," he said.

He would also like more students to vote in this year's BOD election, he said. About 1,000 students voted in last spring's BOD elections.

Along the lines of elections, Lane said the university should invite more state officials and election candidates to campus for debates.

Students don't take the time to vote on issues they should, he said, so he would like to increase their awareness of political issues.



Nick Lane

Vital Statistics

Name: Nick Lane

Age: 21

Year in school: junior

Major: political science

Hometown: Walla Walla, Wash.

"If you don't vote, you don't have a reason to complain," Lane said.

At Walla Walla Community College, Lane helped friends organize campaigns for campus elections and also helped organize fundraising events for a local political party, he said.

He is well equipped to communicate with students, and wants students to feel they can visit the BOD office anytime to discuss a problem, he said.

As a political science major, Lane said he has learned the workings of political systems and understands issues affecting college students.

"I'll tell the students what's going on," he said.

"Students may not feel like they're part of the government, but they should be able to come to the BOD and talk about whatever they want."

Elections '94

Candidates to improve student life with communication

• Debate among students should be encouraged

Programs should be created to increase students' communication with each other and business leaders, said Billy Wagner, a candidate for vice president for Student Life and Facilities.

The vice president serves as a liaison between groups such as Residence Hall Council and the SUB Board to exchange information relevant to student life.

Wagner said he has three agenda items he would pursue if elected to the BOD.

- They are:
- Develop a program to increase funds to get nationally-known speakers to visit Central.
- Create an apartment renters' guide for students.
- Link students and business leaders through Central's teleconferencing system.

If student groups and departments pooled their financial resources, the university could afford to invite more speakers to campus, he said.

"This campus is dead," Wagner said. "Not a whole lot of people come here (to speak)."

He cited the recent visits of Dr. Ruth Westheimer and Ice T as sparking debate. "If you can get them (students) to logically argue the points, it can be stimulating," he said.

Second, the apartment guide will help students who are transferring to Central or moving off campus and need information about apartments, he said.



Billy Wagner

Vital Statistics

Name: Billy Wagner

Age: 22

Year in school: senior

Major: industrial psychology

Hometown: Longview, Wash.

at Central could be used by students to talk with business and industry leaders the university cannot afford to bring to campus, he said.

Wagner worked one year as a Living Group Adviser in Kamola Hall and served as a representative to the Residence Hall Council for one year.

Wagner is now on the Affirmative Action committee, which reviews and makes policy recommendations in affirmative action.

• Non-political candidate wants to ease head beating

The three ingredients necessary to effectively serve as vice president for Student Life and Facilities are competence, integrity and effective communication, said Timi Marie Reid, who is running for the BOD position. Reid said she wants to strengthen the ties of communication across campus so people can "stop beating heads."

Even though she said she is the "least political" compared to other candidates, she wants to serve on the BOD to learn the process for herself and meet the needs of students, Reid said.

Her top three agenda items are:

- Utilize the programming skills she learned as a Living Group Adviser and apply them to the BOD position.
- Work with the BOD vice president for Community Services and Equity to implement new program ideas.
- Continue to uphold the success of this year's board.

She said she would like to provide children with a safe environment in which to trick or treat on Halloween.

She would invite clubs and residence halls to hand out candy in the Samuelson Union Building.

She would also increase communication among the BOD and clubs and organizations, she said.

"Students hear, but don't see what the BOD



Timi Marie Reid

Vital Statistics

Name: Timi Marie Reid

Age: 21

Year in school: junior

Major: speech communication

Hometown: Vancouver, Wash.

students one on one and to clubs to inform them, she said.

Reid worked as an LGA in Stephens-Whitney Hall last year before becoming manager of Sparks Hall this year.

She has also been involved with the Residence Hall Council, B.A.C.C.H.U.S. and the Prohibition Council.

Strong ethics and integrity, which Reid said she possesses, are important in leadership

Disorder: pain spawned by abuse, obsession with control

From page 1

Indeed, new statistics link eating disorders with physical and sexual abuse, she said. One study shows half the people affected by eating disorders were sexually abused as children.

Although a connection between eating disorders and abuse has been made by many authors, no concrete links have been found. Many people affected by eating disorders, though, link their disorder to childhood abuse.

Anorexia and bulimia are often used as a means of avoiding sexual relationships by making one's self unattractive.

Further, bulimia can be an expression of anger at a perpetrator, or a means of dealing with guilt, self-hatred and powerlessness.

Anorexia nervosa, which is characterized by low food intake and excessive exercise usually begins in early adolescence, and has psychological, cultural and physiological causes, Mahre said.

Bulimia, which is characterized by bingeing and purging and usually begins in a person's mid-20s, has sociocultural causes, she said.

Both bulimia and anorexia are often precipitated by dieting.

Mahre stressed the causes of eating disorders are within the person

affected by them, though the behaviors characteristic of disorders are often triggered by outside influences, such as families that focus on appearance or coaches who make comments like, "you'd be a better athlete if you lost 20 pounds."

Thelen said these outside triggers may initiate the behavior, but behavior often culminates into a habit.

Mahre said a person can have tendencies toward an eating disorder that develop into a full-blown disorder.

Because eating disorders have grave medical consequences, treatment is extremely important, she said. But treatment cannot begin until the affected person recognizes the problem, Mahre said.

The prominence of denial and issues of control in eating disorders can delay recognition of the problem and also hamper successful treatment, she said.

"What the affected person has done is created a scope of behaviors that allows them to be OK and acceptable to themselves," Mahre said. "When they step outside those boundaries, they don't feel OK. Treatment challenges those boundaries, and it's very scary for the person affected."

"For example, treatment for anorexia means the person has to start eating, but to do that they have



to step out of their comfort zone. No matter how thin they are, they still have a body image of themselves being grossly overweight."

Someone with an eating disorder usually will not admit they have a problem unless it interferes with the way they want to live, Thelen said.

Warning signs that a person has an eating disorder include isolation, which affects relationships with others, she said. The affected person may become irritable and have less time available because they are spending so much time obsessing over food.

Friends and family can help a person recognize they have a problem through intervention, Thelen said.

Those people close to the affected person can help in the recovery process by being supportive and not offering their support conditionally, Thelen said.

"The best way to help them is to still be their friend, but to let them know when their behaviors are not acceptable," she said.

People affected by eating disorders can recover, Thelen said.

"There is hope," she said. "But people usually need help."

Mahre said people need to acknowledge the illusionary images that consume our society and instead set realistic standards for what is healthy for them as individuals.

Treatment for anorexia nervosa and bulimia consists of psychological, medical, nutritional and spiritual aspects.

"It's best to begin with the psychological, because treatment requires facing problems and dealing with issues like abuse, and if those aren't resolved the other aspects won't really be effective," Mahre said.

The last phase of treatment, nutrition, requires a person to redefine their relationship with food, she said.

Thelen said a counselor often pro-

vides the spiritual as well as the psychological aspect of treatment.

Mahre and Thelen will lead an eating disorder group for people affected by anorexia nervosa and bulimia. The group meets from 5:15 to 6:30 p.m. each Thursday until May 12 in the Wickerath Lounge in the Counseling Center.

"Women especially feel so much pressure to achieve the ideal body. But they are holding themselves up to unrealistic standards. Women in our society are trying to achieve a look only about 5 percent of them are capable of."

—Pam Mahre
Dietitian

Additionally, an information booth will be set up in the Samuelson Union Building April 25-28 from 10 a.m. to 2 p.m. to provide information and answer questions about eating disorders.

First in a 2-part series

S&A: accountability needed

From page 1

The board would then vote on the proposal.

The glitch in the process, however, came when the board would shift funds among departments or programs without consulting the S&A committee.

Sen. Al Bower, D-Vancouver, said the lack of trustees' accountability to students had been a concern to many legislators and student lobbying groups.

"There were allegations that in some situations boards of trustees made decisions unilaterally that did not fit with the original objective (of fund usage)," he said.

Mary B. Marcy, director of Governmental Relations, said the law will provide students with the reassurance they have a voice in how their money will be spent.

Shannon Cutler, Board of Directors executive vice president, said the law gives students more control of their money.

CIF scholarship soliciting begins

The Central Investment Fund campaign kicked off Tuesday with a goal of raising 20 full-tuition scholarships for new students in the 1995-96 academic year.

CIF awards scholarships each year to incoming freshmen and transfer students who have shown outstanding leadership in areas such as extracurricular activities, academic merit and volunteerism.

University faculty and staff, along with community individuals and businesses, donate to the fund each year.

Maria Thompson, director of Development, said this year's theme, "Building Community," indicates the unity between the campus and the city of Ellensburg.

Donations given during this year's campaign will be used to recruit students to Central.

Since CIF's implementation in 1977, more than 500 scholarships have been granted, while tuition increased by 298 percent. For the 1993-94 academic year, 15 students attended Central on a CIF scholarship.

"CIF illustrates that we all have the same concerns," Thompson said.

"We want to build the spirit and climate for these top-notch students to come (to Central)."

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- Coordinate activities
- Facilitate international awareness

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Informational Meetings

Time: 7:00 p.m.

Location: Special Services Room 157

Dates: Wednesday, April 27
Tuesday, May 3

For more information, please call Michelle at 963-1958

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The Observer

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OBSERVANCE

Physical comparisons must stop; societal messages not controlling

We face a great challenge each time we look in the mirror, put on our clothes and walk down the mall of campus.

We are fighting to look perfect.

In a society where Cindy Crawford and Kate Moss have become idols for women and desires for men, people have begun to compare themselves to these "beauties."

Our challenge is this: to wipe out the envy of and desire for those who have size five bodies and pees that never seem to end.

Our challenge is to look beneath the surface.

This week is Sexual Assault Awareness Week and also part of Eating Disorder Awareness Month, two events that are usually not connected.

In reality, sexual abuse and eating disorders are interrelated. One-half of people with eating disorders have been sexually abused.

The relationship with society

As we look through magazines we see skinny women standing next to cars or surrounded by men on motorcycles wearing little more than a pair of designer jeans.

Sex sells, but these advertisements sell more than sex appeal. They sell the idea that we have to be beautiful. And beautiful means skinny and in shape.

So we diet. We exercise. We starve ourselves, purge ourselves or pig out in defiance of these pressures to look beautiful, to be something we aren't.

Where does this get us? Nowhere, unless it's to the nearest hospital because we've suffered from anorexia or bulimia for so long our bodies have given up before we gave up on looking beautiful.

The sex-sells advertisements bring us a lot of pain.

Advertisements objectify women, which means their bodies, not their personalities, define them. When a woman is regarded as a body and not a person, she is in danger of being assaulted.

About one in every four college-aged women will be sexually assaulted, according to statistics.

Men are not to blame, and neither are women. Rather, society has pressured all of us into feeling we must be something we aren't.

Silence isn't always golden

Eating disorders are quiet, silent diseases people suffer through alone. For years, victims of sexual abuse suffered their trauma alone because they felt they were to blame.

As students at Central we are lucky to have free services and counseling to help with recovery. Yet outside of campus those who suffer often cannot afford treatment. This lack of affordable treatment is shameful.

It's time to speak up.

Today more rapes are being reported than in the past. Studies and surveys about eating disorders reveal the magnitude of that problem as well.

But these are still sensitive issues to many people, so we ignore them or talk about them in private, leaving them under the rug.

The real challenge

We need to stop comparing ourselves to every man or woman who walks into a bar or party, or to the models in magazines.

We won't be happy if we compete with everyone else. Instead, we must compete within ourselves to be our best.

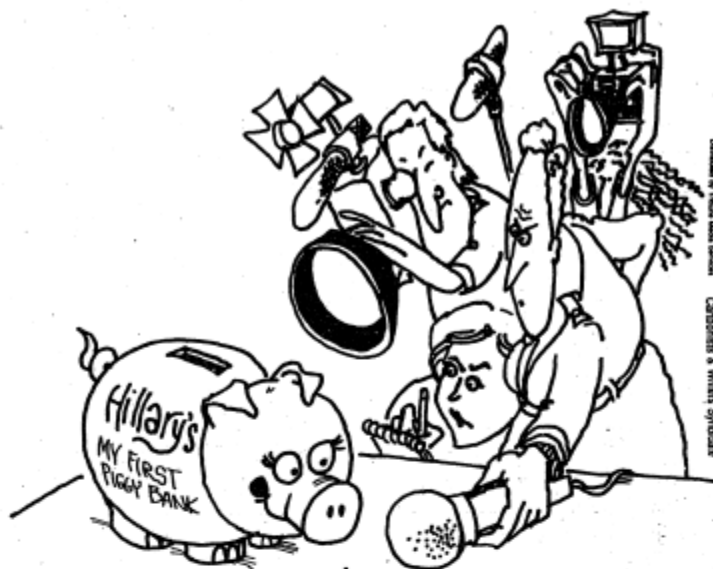
Just like we need to look beyond the statistics of eating disorders to see their causes, we need to look beyond the fat or less-than-perfect bodies we have.

We've spent too much time scrutinizing our bodies and not enough time praising our personalities.

Society is to blame for eating disorders and sexual assault. But we are to blame if we allow society to control us.

As individuals we need to look in the mirror past our wrinkles, flab and crooked nose to the person within our body, the part of us that matters.

Staci A. West



LETTERS

Man meant to rule animals

To the Editor:

Regarding the article "Authors call to extend rights to great apes" from the April 7 edition of *The Observer*, frankly I am amazed someone would try to place apes and humans on the same level.

Following are a few of my reactions to the article:

First, the article quoted Roger Fouts as saying, "Human is a simple adjective for describing our beingness, and beingness is what's important. Chimps are beings."

All I can conclude from that statement is Roger Fouts is referring to existence, and if that is the case the argument is dead wrong.

Trees exist, but we don't try to give them equal rights with humans.

Second, the article quoted Fouts as saying, "If an animal is sentient (aware), it has desires and we should respect this as we do with other people."

Bringing the desires of an animal alongside the desires of a human and saying they both deserve the same respect is farfetched.

Let me see if I understand this. A wolf desires to eat so it can survive a harsh winter, and a man also desires to eat to survive the same

harsh winter.

Do we allow the wolf to eat the man or the man to eat the wolf?

Third, the article quoted Roger Fouts as saying, "The similarities between humans and apes are more important than the differences."

There is so much more to humanity than DNA structure.

There is so much more to humanity than DNA structure.

Look at the classic books, paintings and sculptures, the theologies and philosophies, the governments and society.

Try to find those among a group of chimps—even if someone put a shirt and trousers on them.

In conclusion, mankind is meant to rule over the fish of the sea and the birds of the air and every living creature that moves on the ground.

Genesis 1:28: Man is given that position by God, because man, not animals, is created in the image of God.

Daniel A. Nelson
 student

Quality of Vinie Burrow's show unsurpassed by other programs

To the Editor:

I almost didn't go, so wrapped up was I in my own troubles, yet the quality of Vinie Burrows' show has not been surpassed, in my estimation of the programs that have been at Central recently.

If you missed it, if you didn't manage to be there, you really missed something this time.

Ms. Burrows' one-woman show delineated in ways no other art form can, using the words of artists and the stage of theater to show not only what dehumanization has wrought but also a hope that in this country at least there is a vision out there similar to the ancient one Thomas Merton talks about in his essay "The Sacred City."

I want to thank all the people responsible for bringing her to this campus and Ms. Burrows for coming.

M. Paula Johnson
 graduate student

FISH food bank says 'thank you'

To the Editor:

We would like to thank each Central student who took a bite out of hunger by donating their breakfast or lunch to the Friends in Service to Humanity Food Bank on the day of the Wild Boar Dinner.

We received almost \$500 worth of food from your donations.

This food goes into boxes for families who cannot make it through the month. Many times these are your fellow students with children.

Thank you for your generosity.

Esther Wall
 FISH board of directors

Professor's novel not yet published

To the Editor:

Regarding the article "Distinguished professors recognized for contributions" on page one of the April 14 *Observer*: (1) my novel has not been published; and (2) there is little advantage to be gained in mentioning my name "in the competitive art world" (though it may be familiar to a few older patrons at one particular bar in Phoenix, Ariz.)

William V. Dunning
 professor, art

Editor's note: *The Observer's* information was obtained directly from the written recommendation made by the Distinguished Professor Selection Committee.

LETTER WRITERS:

All letters must be submitted by 5 p.m. Friday the week prior to publication.

Letters must be typewritten and less than 300 words.

All letters **MUST** include your name and phone number for verification.

Please write to the reader rather than to any specific person.

The *Observer* reserves the right to edit for length, style, grammar, libel and matters of taste.

Send letters to: Boulton 227, Ellensburg, WA 98926, or bring them to the newsroom (Boulton 227, 963-1073 or Boulton 225, 963-1027).

Sparks Hall saga continues, can in bathroom smolders

April 12, 3:56 p.m.
A woman living in Alford-Montgomery Hall reported a stolen checkbook and forgery. The theft occurred sometime between November 1993 and March 1994. The checkbook was reported stolen after two checks had been forged in Ellensburg. Police are investigating the case.

April 12, 5 p.m.
The saga continues in Sparks Hall. A man reported two pairs of jeans missing from the laundry room. Police said the items were taken sometime April 11. The estimated value of the jeans is \$70. Police have no suspects.

April 14, 2 p.m.
Someone reported a 1985 Toyota pickup was broken into and a box speaker system valued at \$250 was stolen. The theft occurred within the three days before it was reported. The truck was parked in the N-19 parking lot. Entry was gained through the sliding windows in the back of the cab.

April 14, 12:23 a.m.
A fire was reported in Muzzall Hall. A garbage can in the men's bathroom on the sixth floor was smoldering. Police said cigarette butts had been thrown into the can and were not completely extinguished. An LGA doused the garbage can with water.



by Joann Horne

April 15, 4:15 p.m.
Two vehicles were involved in an accident in the D-section parking lot of Brooklane Village. A driver backed out of a parking space and struck a parked car behind him. Damages to the parked vehicle, a 1990 Chevrolet Celebrity, have been estimated at \$600.

No damage was done to the moving vehicle, a 1986 Chevrolet Blazer.

April 16, 12:13 p.m.
Police received a report of a broken car window. Someone had thrown a beer bottle through the window of a 1991 Subaru Legacy parked in the I-15 lot. Damage is estimated at \$800.

April 16, 2:05 p.m.
Police received a report of a suspicious female talking to children on the playground at Short-Getz apartments. Residents said she appeared to be intoxicated. After being told the area was for tenants only, she left.

April 17, 2:50 p.m.
A Meisner Hall resident reported his wallet stolen from the men's bathroom on the second floor.

April 18, 5:14 a.m.
Police were called when a smoke alarm inside a resident's room in North Hall was going off. When police got there, the room was unoccupied, but there was a candle burning in the room.

April 18, 11:25 p.m.
A 22-year-old female overdosed on alcohol in Davies Hall. Officers and paramedics from the Ellensburg Fire Department responded. She was transported to the hospital in an ambulance.



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SCENE

'Elves' hits the road

by Anne Mafort
Staff reporter

Central's theatre arts department is taking its show on the road mid-April thru May with a musical version of the classic tale, "The Elves and the Shoemaker."

The play, which is adapted and directed by Jim Hawkins, professor of theatre arts, will be performed by Central's theatre arts students for elementary and middle school-aged children in Olympia, Bellevue and Yakima.

Hawkins designed puppets to play the elves and to interact with the human actors in the production. The puppets come to life with the help of Central students, who lend their voices and give movement to the tiny elves.

"Touring is a real bonding experience," said David Shoup, who plays shoemaker Lockhart Cobblestone. "You get to spend quality time with the cast, and as a result become part of a close-knit group."

Shoup said he also enjoys performing for children.

Although the tour is aimed toward school children, people of all ages may enjoy the play at Central between tours.

Public performances are scheduled for 2 p.m. and 7:30 p.m. April 23 and 2 p.m. April 24 in McConnell Auditorium.

Special matinees for school groups will be April 26-29 in the auditorium.

"The Elves and the Shoemaker" was performed at the Washington Performance Center in Olympia last week as the first part of the tour. Two shows were performed daily April 12-15.

Last year, Central's theatre arts department performed "Cinderella" for 7,200 children in Olympia alone.

Currently, the group is preparing for a tour to West Valley Junior High School in Yakima. Performances will be May 1-3.

The last leg of the tour will be May 23-28 at Bellevue Community College.

Anyone interested in attending the public performances or wanting more information can call the box office at 963-1774.

All tickets for performances at McConnell Auditorium are \$3.



David Shoup and Colette Jones play the Cobblestones in Central's production of "The Elves and the Shoemaker."

Education students to try hands at art

If you see anything out of the ordinary tomorrow, do not be alarmed, it's just the work of art students.

Approximately 75 students from three art education classes will be temporarily placing their projects at different locations around the campus and community.

The artwork includes a giant paper maché remote control in the Samuelson Union Building, a troll on a bridge over the Ganges, and a set of lips and a huge straw over a Coke machine in Bouillon Hall.

Mike Emme, assistant professor of art, said this is the first quarter he has assigned his students to exhibit their works outside Randall Hall.

The change has made the students more excited, he said, and the projects are larger and more complex.

"The students really want to set up their exhibits and see how long they will last, how people will take them and if people will notice them," Emme said.

The projects are interesting because the majority of students involved are education students who have little art experience, Emme said.

Self-publisher wants to share feelings, skills

by Joe Butler
Scene editor

Bill Chandler believes everything people do is in an effort to make themselves feel better.

To him, that means starting his own publishing company and publishing his own books.

"I've always kind of liked being in business for myself," he said.

Chandler, a Central graduate who majored in psychology and now teaches on occasion in the administrative office management department, published his book, "25 Things You Can Do To Feel Better Right Now," in January.

The book contains personal anecdotes from Chandler's life along with stories of people he has met. It also includes his own contemplations and reflections.

Chandler believes most people in this country "fail miserably" at feeling better because a larger number of people are looking outside of themselves and to other people and things (power, drugs, money, sex) for recognition. These external things, he said, won't make a person feel good internally.

"Yet if they will do a few things like work on their relationship with themselves and others, they can use these small steps discussed in the book to develop an intrinsic sense of self-worth," Chandler said.

The skills of self-worth are as valuable as the analytical tools he teaches in his Introduction to Business course. This is because people have different ways to measure success, he said.

"To some, success may mean making lots of money and trying to get all sorts of external things," Chandler said. "My experiences and those of people I've talked with has been that it is like chasing after a rainbow. They're racing down a path as fast as they can go to get somewhere, and the path doesn't



Joe Butler / The Observer

Bill Chandler, a business professor and Central graduate, believes feeling good about yourself and sharing your talents with others are the keys to success and being happy.

lead anywhere.

"Ultimately, success comes in figuring out what you really value and in having that internal sense of peace so you can feel good, regardless of external circumstances."

One story in the book described a story of Chandler cutting and stacking firewood, a task he does not especially enjoy.

However, when he is cutting or stacking wood at a friend's house, he really enjoys the task because he is giving and sharing.

Chandler said he worked as a counselor for a time, and he said people would ask what they could do to feel good immediately.

"I told them it's not really a 'do' thing, it's more of a 'be' thing. It's

more a state, and yet there are actually some things we can do: helping someone, sharing a secret we've been hiding, or trying something new, for example."

Another story in the book describes how he was walking in the woods by his house and found a newborn calf struggling in a creek.

"I pulled it out of the creek, dried it off, found the mother in the woods, chased her back, and made her give milk to the calf," Chandler said. "I felt really good about seeing the calf stand and walk instead of drowning."

"I thought about why this was, and decided it was a result of caring and taking care of something. I had grown to love this cow by virtue of

taking a risk for it and expanding effort for it. That is one of the primary things we can do to feel better."

Chandler is originally from Boston, Mass., but moved to Seattle and then enrolled at Central.

He worked as a Living Group Adviser in Quigley Hall and received both his bachelor's and master's degrees from Central in the late 1980s.

While at the university, he held the video game contracts for the county, which meant he handled the distribution and repairs of pin-ball machines and video games. It was during this time he met his wife, who was a SUB Games Room employee.

Chandler gradually expanded this business and hired several employees.

However, one year he was forced to drastically cut back his staff, and was surprised to discover his profits increased. He eventually sold the business after a few years, but remained in the Ellensburg area.

Depending on class size, the business and ADOM departments ask Chandler to teach courses. He taught a class fall quarter 1993, did not teach winter quarter, and is teaching in a new room in Shaw-Smyser Hall this quarter.

He currently lives in Ellensburg with his wife and four children.

"It's a nice place to raise a family," Chandler said. "There isn't much crime and the air is clean."

Though "25 Things" is the first book to be published by Chandler's company, it is not the first book he has written.

His first book, "Tips and Tricks for Inventors," dealt with marketing inventions and is still being sold to state economic development agencies.

"My first love is to write books, so this is something I've dreamed of," he said. "My other books have been more technical, but the next ones will be along the lines of the new one."

Chandler decided to start his own publishing firm after having a frustrating experience with a larger, national publishing firm.

So, by hiring "the top people" in production, publicity and publishing along with contacting several self-publishing associations, Chandler was able to begin.

In the future, things will be smoother, he said.

"The result will be the same, but the process will be better."

Chandler plans to write another book by December, though he is currently focusing on marketing "25

Politician and storyteller highlight Japan Celebration

A speech by Japanese Consul General Masaki Saito and a Japanese comical storytelling performance by Shijaku Katsura are the highlights of next week's Japan Celebration activities.

Saito's speech, "Trade Relations between Japan and the United States," will be at 4 p.m. Tuesday in the Mary Grupe Conference Center. Admission is free.

"Our relationship is certainly something in the news," said Chris Andresen, intercultural activities coordinator for the Office of International Programs, which invited Saito to speak.

The political science department and the Asian Pacific studies program also helped bring Saito to Central.

"We hope his speech will give the campus community an understanding of Japan's official position and a sense of Japan's side of this issue," Andresen said.

Saito's job is similar to that of an ambassador. He is the head of the Japanese Consulate, and his credentials include his former position as Japanese minister to the People's Republic of China and other prominent positions in Japan.

The Office of International Programs is also co-sponsoring the Japanese comedy performance with the Rakugo Caravan Committee.

Katsura will perform rakugo, a Japanese comic monologue in English, with his troupe at 7 p.m. Tuesday in the Samuelson Union Building Ballroom. Tickets are \$5 and are available at the SUB Information Booth or Jerrol's Book Store.

Katsura is to Japan as Bill Cosby is to the United States, said Sharon Parker, program coordinator for the Office of Residence Living.

Rakugo literally means "falling words" and is referred to in Japan as the art of laughter. The performance has few props, but it is enhanced by musicians who are not visible to the audience. The storyteller uses gestures, facial expressions and voice inflections to portray different characters while sitting.

Andresen said, "People have been unsure of what to expect (of Katsura). We've been showing videos of his performances around campus to give them an idea of what they're like, and they've gotten a good response."

Katsura has been performing rakugo for 30 years. He began performing in English 10 years ago when he was asked to give a dem-



Shijaku Katsura is an English-speaking rakugo master.

onstration. He is the only rakugo master to perform rakugo in English.

He has done seven overseas performances and will perform in Seattle, Ellensburg and Spokane between April 20 and 30.

Other activities are:

•the 1961 film "Yojimbo" will be shown at 7 p.m. Monday in Shaw-Smyser Hall Room 115. Admission is free.

•a Japanese dinner with entertainment and demonstrations will be from 4:45 to 6:45 p.m. Wednesday at Holmes West Dining Hall. The cost is \$9 per person. Meal cards will be accepted.

•a slide show and question and answer session, "A Visual Look at

Japan," will be at 7 p.m. Wednesday at the Hal Holmes Center in Ellensburg. Admission is free.

•a panel discussion, "How International are We?" will be at 4 p.m. April 28 in Black Hall Room 102. Panelists are Curt Gould, a Central graduate who studied in Japan; Misuzu Miyake, an exchange graduate student studying teaching English as a second language; and Tamaki Nishimura, an exchange student studying sociology. Admission is free.

•the 1987 film "Tampopo" will be shown at 7 p.m. April 28 in Shaw-Smyser Hall Room 115. Admission is free.

This is the fifth year Central has had a Japan Celebration.

Earth Day festivities already put into motion

by Joann Horne
Staff reporter

Earth Week—a celebration of our planet and environment—is being celebrated across campus this week.

Norm Wright, an area coordinator from the Office of Residence Living, is gearing up to handle the campus-wide festivities this weekend, which start out with the official Earth Day Friday and several programs Saturday.

Programs include environmental awareness and recycling videos in the Samuelson Union Building all day Friday.

Plus, two old friends to Central, Enviro-Woman and Dispo-Man, will

be putting on a dumpster dive at noon Friday in the SUB courtyard. This duo of environmental super heroes will dive into a dumpster and dig out materials that could have been recycled.

Wright said students in the residence halls have also been given informational brochures and green ribbons to wear to increase environmental awareness.

It doesn't take a lot of effort for students to wear the ribbons, but it allows them to make a conscious effort to promote Earth Week,

Wright said.

Some students don't think the environment is in trouble, and once people consider it a serious problem, it may be too late, Wright said.

Programs within halls have been going on all week. Yesterday, residents were educated about the importance of minimally impacting the environment while hiking and camping.

Monday, residents were encouraged to re-use take-out dining hall bags. They were also instructed on how to remove their names from junk mail lists to reduce paper use.

Ron Breckon, former owner of the Ellensburg Recycling Center, said Earth Day has been celebrated with activities in Ellensburg since 1990.

There have been educational displays in the past, but this year "it is about having fun."

An Earth Day dance is scheduled for 7 p.m. Saturday at the fairgrounds.

The programs continue over the weekend and into next week. Saturday, several halls are participating in a cleanup.

Monday, the week wraps up with a program on Styrofoam recycling. This will be at noon in the SUB pit.



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Kristy cooks creative college cuisine

by Kristy Ojala
Staff reporter

I have a friend who lives by the motto, "I'll eat anything, as long as it's on two pieces of bread."

Luckily, no one ever said being in college means eating healthy, well-balanced meals. The four food groups are a nice idea, but many nutritionists forget students and poverty often go hand in hand.

Chances are, to some Central students—especially those living off campus—a salad is an endangered, foreign substance. Meat and potatoes? Only if it's Thanksgiving weekend.

Let's be realistic here. Nutritional value aside, college students can—and often do—subsist on a few of these essential, cheap food products:

• **Artificial pasta**—macaroni and cheese, ramen noodles, cup of soup stuff and spaghetti in the shape of annoying childhood heroes (Garfield, Barney the dinosaur).

Pros: Can purchase many cans/packages for \$1; only requires washing one pan or bowl and one spoon, and fast "cooking" time.

Cons: Indigestion; clumps of salty fake cheese powder at the bottom of the dish; easy for room-



Kristy Ojala demonstrates how a little creativity combined with the fear of starvation can create tasty low-cost meals.

mates and "friends" to steal; and hard to "spice up."

• **Instant rice/potato products**—Includes flaky, dehydrated pieces of stuff in boxes, often accompanied by flavoring packets.

Pros: Most are quick to fix; they give a false sense of fullness when consumed; they're available in a variety of flavors; there are many ways to eat them; you can buy cheap instant gravy or soup to

"make it all stick together."

Cons: Indigestion; little or no food value; they look like fish food; have no leftover potential; have a chewy consistency if microwaved; and may take longer to cook than advertised.

Product pitch: Mashed potatoes and gravy costs about \$2 in a restaurant; a box of instant potatoes and two packages of gravy mix costs about \$2.50 and will last at least two weeks.

• **Sandwich products**—Includes an endless number of combinations with basic essentials such as cheap bread, peanut butter, imitation cheese slices, jam, butter and processed lunch meat.

Pros: Can purchase two loaves of bread and/or two packages of questionable meat for less than \$1; free assortment of jellies from the tables of local restaurants; can't catch anything on fire while cooking; great longevity factor (except for sourdough, which molds easily and costs more than \$1 anyway); multitudes of grilled cheese are possible; little or no effort/cleanup to concoct; can eat while driving, watching television or walking to class.

Cons: Indigestion; cheap bread gets stuck to front teeth; local waitresses catch on to empty condiment dishes fast; and peanut butter is too costly.

• **Breakfast foods**—Not just for breakfast anymore. Cereal, breakfast bars, toaster pastries, heck, pieces of toast in general are a great snack any time of day.

Pros: Sugar boost; easy to fix; you can eat from the container with dirty hands; great when there's no time (or desire) to cook; you'll only dirty one bowl, one spoon/knife, or a napkin; and there are groovy, childish prizes inside boxes.

Cons: Indigestion, plus annoying, childish packaging of washed up athletes' photos; third degree burns from overheated toaster treats; milk is unlikely to be found in any student's fridge; and there's a high likelihood of roommate theft.

Product pitch: I had a friend who stayed in Ellensburg one summer and survived almost completely on toast alone. He worked at a restaurant, too.

This is just a fraction of what students may have in their makeshift kitchens. This article is not meant as a recommendation nor an encouragement of a new possible fourfood groups: sugar, salt, grease and caffeine. Unless you have already, do not try this at home. The list does not acknowledge pre-made foods, such as pizza or pot pies, although they do exist and can be found in many freezers.

Feel: life is roller coaster

From page 6

Things."

He has received orders ranging from employers ordering copies for their staff, professors ordering copies to use as textbooks and churches ordering copies for their congregations.

Chandler believes students today are taking a greater responsibility for themselves and their actions, more so than when he was in school.

"They seem more interested in classes than I ever was," he said. "They are a lot mellower, plus, no one is smoking as much."

Besides writing and teaching, Chandler runs a small manufacturing firm and gives motivational speeches on training.

Chandler's advice to those considering writing for publication is to "finish whatever you're going to write."

"Once you have a finished product, publish it," Chandler said. "People who wait around for submitting things virtually never get anywhere. Once in a while a few get through, but it is rare."

"I don't want to wait for people to do things. Self-publishing means you know it will be done," he said.

"I think this is the most fun I've ever had every time I get an order," Chandler said. "Some days I sell hundreds, some days one or two. It's kind of a roller coaster and kind of scary, but lots of fun."

"I was very hesitant to publish this book. Everyone I talked to had a reaction to this, either very positive or negative. It's all part of the game."

Hi! We're the Movie Guys!

Uh...Hi. Hey, Tony, we're on! Well, the Movie Guys are stuck in Idaho at the last store in the known world to possess a uncut copy of "Godzilla vs. Hulk Hogan." But they should be back next week with reviews of "Death Race 2000" and, if you are really good, "Frogs." See you at the movies!

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SPORTS

Softball team defeats PLU, UPS

by Ernest M. Baldwin
Staff reporter

Despite four losses in six games last week, the Central softball team solidified its hold on third place in the district with a pair of victories over league opponents.

The team split a doubleheader at the University of Puget Sound, winning the first game 4-2 and dropping the second 2-0, and then stunned Pacific Lutheran University by taking the first game of a doubleheader 8-5. The Wildcats almost came back and won the second but lost 8-7. Central ended the road trip in The Dalles, Ore., losing two games to George Fox University, 5-3 and 7-2.

The Wildcats' record now stands at 5-5 in league play and 5-8 overall for the season. The top three teams in the district advance to the playoffs.

In the doubleheader at Puget Sound, senior Kim Spradlin got the win in the first game.

The Wildcats and the Loggers exchanged runs in the second inning. Then in the third, sophomore Wendy Koch hit a one-out double to begin Central's rally. This gave the Wildcats a 3-1 lead and Spradlin made it stand up, scattering eight hits overall to seal the victory.

In the second game against Puget Sound, the Wildcats were held scoreless, managing three hits. Central had just 22 at-bats in the game, one more than the minimum number.

"Our defense was solid in both games, but in the second game we had an outstanding pitching performance against us," head coach Nancy Katzer said. "UPS is a qual-



Freshman Shawna Lester takes a cut at a pitch.

Dave Fiske / The Observer

ity team and to split at their place is great for our team."

In the doubleheader at Pacific Lutheran, the Wildcats won the first game 8-5, handing 13th-ranked Pacific Lutheran its first league loss.

The Wildcats scored five runs to start the game and held on for the victory. Senior Bridget Powers had three RBIs to lead the team. Spradlin picked up another victory, giving up only seven hits.

In the second game against Pacific Lutheran, Central took a three run lead in the bottom of the third inning. Then the Lutes tied it at 4-4 in

the top of the sixth.

Pacific Lutheran scored four more runs in the top of the seventh to pull ahead 8-4.

The Wildcats retaliated with three runs on four consecutive hits in the bottom of the seventh, and had the tying run on first base but could not bring it across the plate.

The Wildcats were led in the second game by junior third baseman Denise Laws, who went 2-for-3 with four RBIs, and sophomore Wendy Koch who finished 3-for-4 in the second game. Karissa Sandstrom picked up the loss.

"This was a very satisfying road trip for us, to go into the 13th ranked team's home field and pull out a victory is outstanding," Katzer said.

"In the second game, we proved a lot to ourselves as a team," she said. "We could have packed it in when they went up 8-4, but we battled back to give ourselves a chance to win, which shows us and everyone else we are an excellent team."

In the doubleheader at The Dalles, Ore., the Wildcats were swept by George Fox University, losing the first game 5-3.

The first game was tied at the top

of the seventh inning, but the Bruins capitalized on a throwing error, one of four in the game, to break the game open.

Central was led by junior Linda Cook, who went 3-for-3 in the first game, followed by senior Bridget Powers, who went 2-for-3 in the game.

In the second game, the Wildcats continued making errors in the field. Six errors contributed to the 7-2 loss.

The Bruins went out to a 6-0 lead in the bottom of the second inning and the Wildcats could not catch up.

Spradlin took the loss in the first game, dropping to 3-4 overall, and Sandstrom took the loss in the second game, dropping to 1-2 overall.

"It was a tough day for us," Katzer said. "We weren't aggressive in the field or in the batter's box. It's a learning experience and we are putting it behind us."

The Wildcats hosted the club team from St. Martin's College yesterday. Results were unavailable at press time. They host a doubleheader against league rival Western Washington University at 3 p.m. Saturday.

From there Central travels to Simon Fraser University for a doubleheader.

Currently, the Wildcats are one-and-a-half games ahead of Simon Fraser for the third and final playoff spot in the district.

Linda Cook leads the team in hitting. Her .417 average is tops on the team. Cook extended her hitting streak to five games as well. Denise Laws leads in RBIs with 12 and in doubles with five.

Wildcat baseball team strives for playoff berth

by Paul Williams
Sports editor

The playoff hopes of the Central baseball team were dealt a serious blow as the Wildcats lost three games last week.

Central was defeated by the University of Washington, Pacific Lutheran University and the University of Puget Sound.

Heading into yesterday's game against Whitworth College, the Wildcats needed to win seven of their last eight games to qualify for the playoffs. Central, as of April 19, stood at 3-4 in league play and 11-18 overall.

Lewis & Clark State College leads the district with an 8-1 record and Pacific Lutheran currently holds second place with an 8-3 record in district play.

Head coach Desi Storey believes the Wildcats have a good chance of winning seven games.

"With the talent we have it's a realistic goal," Storey said.

The Wildcats next travel to Pacific Lutheran for a doubleheader and, for the Wildcats to make the playoffs, they need to win both

“If we don't sweep Pacific Lutheran, it's highly unlikely we'll make the playoffs.”

-Desi Storey,
Central head coach

"If we don't sweep Pacific Lutheran, it's highly unlikely we'll make the playoffs," Storey said.

"We've got to turn it up (be more intense)," he said.

The Wildcats were faced with the task of playing the Huskies on their own field April 13. Even though Washington won 7-3, junior outfielder Chris Cruzan said the Wildcats hung with the Huskies.

"I thought we played them pretty well," Cruzan said.

April 13 the Wildcats returned to Tomlinson Field to face Pacific Lutheran. Despite battling back from a quick start by the Lutes, Central was on the short end of an 8-4 score.

"They (the Lutes) came out fired up," Cruzan said. "We woke up a little bit too late and we lacked intensity."

April 14 the Wildcats lost their third straight game despite getting a strong performance from senior pitcher Rich Newell. The 1-0 loss to Puget Sound marked the third time Central has been shut out this season.

"The other pitcher pitched real well," Newell said. "He threw a two-hitter and struck out 14 guys. He hit spots when he needed to and kept our hitters off guard."

Cruzan said, "Rich (Newell) pitched a great game. There were a couple of times we had runners in scoring positions but we couldn't clutch up."

Newell allowed just six singles and the only run scored in the game was unearned. Newell lowered his earned-run average to 2.95 and refused to let the fans at the hit

ting woes and defense problems.

"The guys in the field have been playing solid defense behind me," Newell said. "I'm only as good as the guys behind me and they have been great this season."

Despite the three losses, the Wildcats are not throwing in the towel but realize their backs are against the wall.

"People are realizing this is the 12th hour," Cruzan said. "I think we're waking up."

Newell said, "We're missing a few pieces to the puzzle but we're not out of it by any means."

Whitworth is a team "that doesn't give up," Storey said. "They only have one .300 hitter, they don't have that great a pitching staff, but it seems every year they play to our level regardless of if we are real strong," he said.

One problem the Wildcats have been suffering from all year is not being able to put everything together in one game consistently, Storey said.

"One day it will be defense that gives us problems, the next it will be hitting, like in the game against Puget Sound," he said. "We

we've hit the ball well and the pitching has let us down, so it hasn't been one particular thing. "Mentally, we haven't got it done," Storey said. "We haven't stepped up and said, 'Hey, we can play with everybody in our district.'"

Stepping up for the Wildcats this season have been senior third baseman Thad Nelson, Cruzan, Newell and seniors Steve Valley and Doug Ashmore, Storey said. Ashmore currently leads the team in batting average with .342. Cruzan is hitting .337 and Nelson and Valley are hitting .318 and .305, respectively.

Nelson's four home runs are tops on the team and Newell leads the team with four wins.

Cruzan, as of April 19, had a 10-game hitting streak. He has attributed his success to "not swinging at the pitch the pitcher wants me to swing at, but the pitch I want to swing at," Cruzan said.

The next few games will be key for Central to determine if it will be in the playoffs this year.

"The next three games are real

Track teams take third at Shotwell Invitational

by Greg Aldaya
Copy editor

Junior Jay Spears' victory in the 400-meter dash coupled with Central's sweeping of the men's relays helped vault the Wildcats' men's and women's track-and-field team to a third place finish at the University of Puget Sound Shotwell Invitational.

Spears won the 400 meters in 48.40 seconds, the fourth fastest time in Central history. The last Wildcat runner to come close to Spears' time was Tim Hart with 47.37 seconds in 1980.

The women's team took home two first-place finishes in the



Jay Spears

junior Kara Dodd in the 400-meter hurdles clocking 1 minute 4.24 seconds, and freshman Shelley Johnson in the long jump with a leap of 17 feet, 4 1/4 inches, the mark that qualified Johnson for districts. Dodd's showing in the hurdles was nearly two seconds away from the school record time she set two years ago.

"Everyone's times are coming down," said sophomore Veronica Persons, a high jumper and 400-meter relay runner. "This is perfect timing for them to drop."

The men's 4x100-meter relay team, consisting of junior Craig Maloney, sophomore Dustin Liefke, Spears and senior Chad Klassen raced to a first-place finish with a time of 42.83 seconds.

The 4x400-meter relay team featured senior Goreal Hudson, freshman Allan Covell, Klassen and Spears, who combined to turn in a season-best time of 3 minutes 17.94 seconds.

The men's 100-meter dash was also swept by Central as sophomore B.J. Wilson, Maloney and Hudson took 1-2-3 with times of 11.21 seconds, 23.02 seconds and 11.41 seconds, respectively.

Rounding out the relays was the



Kara Dodd

women's 4x400-meter relay team of freshman Melissa Van Ruiten, Persons, Dodd and sophomore Rebecca Hill. They had a third-place finish with 4:03.8.

"The girls' mile relay team time was only two seconds from the school record time," Persons said.

New district qualifiers were: Hudson in the 100-meter dash with a time of 11.41 seconds; freshman Antoine Butcher and freshman Garth Lind in the javelin with throws of 171 feet, 6 inches and 168 feet, 1 inch, respectively.

"I think we're coming along well," said Butcher, who has qualified for districts in the shot put and javelin. "We have quite a few

people qualified for nationals."

Central will take to the track Saturday for the Spike Arlt quadrangular track-and-field meet at Tomlinson Stadium. The meet is named after the former long-time track and cross country coach who last spring ended his coaching career at Central.

Top Men Finishers

100 meters—1, B.J. Wilson, 11.21; 2, Craig Maloney, 23.02; 3, Goreal Hudson, 11.41

200 meters—1, Chad Klassen, 22.15; 2, Jay Spears, 22.43; 4, Craig Maloney, 23.02

800 meters—5, Allan Covell, 1:58.03

Steeplechase—2, Brent Hooper, 9:32.5

5,000 meters—7, Mike McDermott, 15:43.78

110 high hurdles—6, B.J. Wilson, 16.20

High jump—8, Pat Reddick, 6-2

Long jump—8, B.J. Wilson, 21-0 1/4

Triple jump—3, Pat Reddick, 45-0 1/4

Pole vault—3, Rick Maib, 14-0; 4, John Perry, 13-6

Discus—7, Joe Pearce, 133-0

10

Javelin—5, Antoine Butcher, 171-6; 6, Garth Lind, 168-1; 7, B.J. Wilson, 161-1

Shotput—6, Mike Manz, 44-10 3/4

Top Women Finishers

100 meters—4, Shelley Johnson, 12.93

200 meters—8, Nickola Wilson, 27.45

400 meters—3, Melissa Van Ruiten, 1:00.86

800 meters—2, Rebecca Hill, 2:21.99

3,000 meters—3, Christy Kirchner, 11:01.35

100 hurdles—3, Kirston Obergh, 15.76

400 hurdles—1, Kara Dodd, 1:04.24

4x100 relay—5, Van Ruiten, Wullner, Johnson, Wilson, 51.89

4x400 relay—3, Van Ruiten, Persons, Hill, Dodd, 4:03.8

Triple jump—5, Erin Hamilton, 31-10 1/2

High jump—3, Veronica Persons, 5-4; 7, Kirston Obergh, 5-2

Discus—3, Sonya Howard, 113-0; 7, Teresa Hanford, 105-0

CORRECTION:

In a photo on page 10 of last week's *Observer*, Kara Mortenson was mistakenly identified as the softball player swinging at a pitch. The player pictured was Wendy Koch. Kara Mortenson is pictured at right.



Kara Mortenson

Dedication of softball field set for Saturday

The new community softball fields across from Student Village Apartments will be the site of a celebrity softball game and dedication ceremony at 11:30 a.m. Saturday.

The field will be jointly used by the university and the city of Ellensburg. Scheduling will be handled by the city Parks and Recreation Department.

The dedication will begin with remarks by Central President Ivory V. Nelson and Ellensburg Mayor Mollie Edson. Nelson and Edson, along with Central alumnus and former Seattle Mariners pitcher Dave Heaverlo, will play in a celebrity softball game at noon.

Food will also be served for a nominal fee.

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Seattle City Light Seeks...

Skagit Youth Program Leaders

2 qualified applicants to provide day-to-day supervision & guidance of counselors & campers, developing unit based goals & activities to build a cohesive group atmosphere & a sense of teamwork. Requirements: 21 yrs of age, 2 yrs exp. w/youth programs, BA degree preferred. Salary: \$2400/season.

*Candidates selected will be required to live in residence at the Skagit Hydroelectric facility in Newhalem WA during the camp season.

Send Letter of Intent to: Mary D. McKinney, Seattle City Light, 1015 3rd Ave., Seattle, WA 98104-1198

Skagit Youth Camp Counselors

6 qualified applicants to provide day-to-day supervision of campers including overnight responsibilities. Assist with the development of unit based goals & activities to build cohesive group atmosphere & a sense of teamwork. Requirements: 18 yrs of age, prior exp w/youth preferred. Salary: \$1400/season.



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The FUN Page

Look for your future in the stars ☆ April 21-28 ☆

by Anne Ruben
Special to The Observer

Aries (March 21-April 20) It seems it is irresistible for you to neglect your studies and socialize. Spring break is gone and it's time to get back to work again, but don't despair—summer is around the corner.

Taurus (April 21-May 20) Indulge your sensual side this week. Surround yourself with classical music and aromatic flowers. Wear something that feels incredible and devour chocolate. Remember, there is a thin line between indulgence and overindulgence.

Gemini (May 21-June 21) A need to express your artistic side arises this week. Try painting (finger), sculpting (Play-Dough) or redecorating (laundry). Have fun, but don't hurt anyone in the process. **Cancer (June 22-July 22)** Bungee jumping is not in the stars for you this week. Focus energy on meditation and relaxation. Laps in the pool, a bike ride or even a massage will help ease your mind and body. **Leo (July 23-Aug. 22)** Watch out! Regression has set in and you are feeling the urge to return to the carefree days of childhood. Buy some Silly Putty, play tag or climb a tree, but remember, recess can't last forever.

Virgo (Aug. 23-Sept. 22) Focus on learning to express yourself. Keeping emotions bottled up only leads to headaches and ulcers. Next time somebody makes you angry, let them know.

Libra (Sept. 23-Oct. 22) OK, Libra. You're stuck in a rut and it is time to escape. Studies are important, but homebody tendencies are settling in. Go out with friends and have fun.

Scorpio (Oct. 23-Nov. 21) Your ambitious mood is starting to take its toll. You have taken on too many responsibilities and you need to learn to say no. Try your best to focus on the things that are important to you.

Sagittarius (Nov. 22-Dec. 21) Though an urge to spend is strong this week, try to restrain. Get together with someone special to think of creative and cheap things to do. **Capricorn (Dec. 22-Jan. 20)** Listen to mother! Eat right, take vitamins. Relax, take care of yourself. Don't take on too many responsibilities.

Aquarius (Jan. 21-Feb. 18) Your world has been in upheaval. Take time to refocus/clear your mind. Your spring cleaning is on the inside. **Pisces (Feb. 19-March 20)** You are feeling under the gun this week. You need to prioritize, destress and learn to take things in stride. Hold on just a little bit longer!

CLASSIFIEDS

SCUBA LESSONS & SUPPLIES! Sign up now. Contact John Moser, Jr. 925-1272.

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FUN SUMMER JOBS! Flying Horsehoe guest ranch for children, near Cle Elum, is hiring boy's and girl's counselors. Enjoy horseback riding, swimming (need two lifeguards), hiking, etc. while gaining valuable experience. Salary plus room and board. The ranch also needs cooks. Responsible for keeping hungry campers and staff well fed. Must be a good cook, efficient kitchen worker, and enjoy people. Call Penny: 1-509-674-2366.

CRUISE SHIPS now hiring - Earn up to \$2,000/month working on Cruise Ships or Land-Tour Companies. World Travel. Summer & Full-time employment available. No experience necessary. For more information call 1-206-634-0468 ext. C5093.

MAKE \$2000 to \$10,000 this summer depending on how hard you are willing to work. I'm looking for 5 hard working students to spend their summer in the Southwestern Program. Great Experience, travel, money, and college credit. For interview call Tye at 962-3187

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STUDY SPANISH any quarter in Morelia, Mexico. CWU and Centro Mexicano Internacional offer language and culture classes. The cost is approximately \$2,300 per quarter for tuition, housing, meals and excursions. Applications now available at the Office of International Programs at 963-3612.

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Answer People attempt to educate a misinformed public

Q. Dear Answer People:

Why do 7-11's have locks on their doors if they are open 24 hours a day? ☹️☹️☹️☹️☹️

-Brock W.

A. Well Brock, being an actual ex-7-11 employee along with knowing something about 12th century French theology, I can tell you that Michel de Nostradamus (Nostradamus) predicted 7-11/AM-PM turf wars in the year 2000, and the Southland Corporation, which owns 7-11 and Hoagy's Corner, is planning for a long siege.

The locks also come in handy when the clerk working on the graveyard shift wants to take a nap.

Q. Dear Answer People:

Every time I go hiking up Manastash Ridge, this crazy guy named Gabriel, who says he's an angel, appears and tries to make me recite verses. What should I do??

-Dave Z.

A. Well Dave, we sent a team of parapsychologists up Manastash to speak with Gabriel. He only wanted you to explain the verses to America's classic song, "A Horse With No Name." We were more than happy to do this for him. Next time listen more carefully.

Please give a special Answer People welcome to Jim-Bob Ross, the newest member of the Answer People staff:



Jim-Bob Ross, Answer Staff

Confidential to "A Curious Bunch of Students." You know what curiosity did to the cat? Yeah, it killed it. Why don't you go to the debates and ask them the "Space Alien" question yourself. While you're at it, read the book. ☹️

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The dictionary has at least three definitions for "value." So do we.



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